

Orange-Banana Smoothie

Club soda adds an extra kick to this vitamin-packed smoothie combining orange juice, bananas and nonfat milk powder.



Try this smoothie for a refreshing quick breakfast or light snack on a warm day, with a good dose of vitamin C.

Ingredients:

- 1 cup orange juice
- 1 small, ripe banana
- 1/4 cup instant non-fat milk powder
- 1/2 cup ice cubes
- 1/4 cup club soda

Preparation:

In blender, process orange juice, banana, milk powder and ice cubes until mixture is thick and ice cubes are crushed.

Add club soda, stir and serve immediately.

Nutrition Facts

Yield 2 servings

Amount Per Serving

Calories 130

Fat 0.5 g

Protein 4 g

Carbohydrates 27 g

Fiber 2 g

Sodium 55 mg

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